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SOME OBSERVATIONS

ON

# THE UTILITY

OF

# Fumigating and other Baths,

APPLIED FOR THE

### CURE OF VARIOUS DISEASES;

WITH A SUMMARY OF

# NINETY-TWO IMPORTANT CASES,

TREATED AT

THE ESTABLISHMENT,

# 40, Great Marlborough Street, London,

AND

REMARKS THEREON,

BY

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# INTRODUCTION.

The Reader is assured, that in the following pages no attempt is made to establish a vague medial theory: nor are there any deep researches into the nature of diseases, which are merely named, as they are generally known by their symptoms. What is here advanced, as applying to their amelioration or cure, may be quite new to many; but being established on unchangeable principles, may be reasoned on, even by the unprofessional, as any other matter of science. Authorities and references are given, in order that those who wish for detail may have the power of obtaining it.

Of the valuable auxiliary to medicine here treated on, the principle of action is obvious, and easily understood. Heat is known to lend a kindly assistance to Nature, which, though the most powerful physician, requires at times its aid, medicine alone not always attaining to the point

of cure; and hence the frequent prescription of a milder or a warmer climate.

The grand desideratum that seems to have ever been wanting for the more successful practice of the medical art, has been a something capable of imparting an energy or impulse to the various functions of the body, or, in other words, that would aid the vital powers; by which means Nature may be assisted in throwing off from the system whatever is prejudicial to its well-being. This energy may, it is true, be given to the functions or vital powers by wine, and by various drinks and kinds of food; but when these are taken injudiciously, we have also the permanent ill effects of stimulation, producing debility or exhaustion.

To France is due the honour of the discovery, that by the exposure of the surface of the body, with the exception of the face, to the temporary application of different kinds of gas combined with heat, many formidable diseases are made to yield, and (according to the reasoning at that time,) to the gases alone; but experience has since convinced me, that the HEAT conveyed with the gases has been the preponderating agent of the cures effected. Heat, besides being the most powerful

agent, admits of a more general application than any other with which we are acquainted; and when applied in the manner just mentioned, it answers many of the purposes for which medicines are prescribed. It is strange that so ready a medium should have been floating, as it were, before our senses for ages, without being brought earlier into scientific requisition: but mere chance, in many instances, has been the origin of some of our grandest and most useful discoveries. That nothing has ever yet been found which so effectually aids the vital powers, without being followed by ill effects, as the temporary application of warmth, or heat, remains now to be shown. Heat, of an appropriate temperature, is proved to be the supporter, nay restorer of life, animal as well as vegetable, and it is so closely connected with the vital energy, that its influence is absolutely necessary to animate, invigorate, and beautify all the works of the creation. Young animals that have been starved, either from cold or hunger, never perfectly recover, and cannot possibly thrive, without heat: heat enables plants to grow, to put forth their flowers and mature their fruit. Persons apparently drowned are mainly recoverable by heat; and all other

means, without this, would be useless. The good effects of moderate or increased heat, in cases of failure of the powers of life, must be obvious to those who think on the subject; but it is necessary that this point should be clearly brought home to our conviction.

Heat being requisite for the maintenance of animal and vegetable life, its temporary application occasions a consequent energy in all the living functions, whilst cold (its opposite) retards and depresses those functions, occasioning, first, a paleness and contraction of the vessels of the skin, and diminished action of the heart and arteries; and consequently it impedes the equal circulation and distribution of the fluids of the body. The cold, even of autumn, is sufficient to destroy the smaller animals, as ants, flies, &c.; the dormouse and marmot become torpid, and serpents hard and brittle, even to break as sticks; yet life in them is only suspended, and the warmth of spring restores them to feeling and activity. In cold latitudes the more robust animals feel the same influence; the bears of the Polar regions become torpid for months, and in those countries partial death frequently seizes even on human subjects; noses, ears, and toes

are continually lost from cold in Russia, Poland, and America; which, if it be considerably below the freezing point, and of long continuance, is followed by death itself. And yet a moderate degree of cold, not continued too long, is frequently valuable in the treatment of disease, and is of great use in the furtherance of the medical art.

Before we can arrive at just conclusions on the effects of heat applied to the living body, it will be necessary to fix a medium as a point to set out from. At 60 degrees of Fahrenheit's thermometer, the several functions of the living body are performed in due order: if the temperature be increased, which it may be without any distress of feeling, for 10, 15, or 20 minutes, a temporary strength or impulse is given to all these functions, the blood is quickened and equalized in its circulation throughout the vessels of the skin, the extremities, and the parts situated internally; and as all the secretions of the body are drawn from the blood, there is a consequent increase of every secretion, and a quickened action of the absorbent and exhalant or discharging vessels of the skin: torpidity is removed, and obstructions are more or less overcome, and a free

perspiration ensues, according to the time the body is exposed to the increased temperature.

From this simple view of the effects of heat, it will be apparent to what a variety of ailments of the body, generally, it is applicable: the good effects of exercise are also thus obtained without fatigue—an advantage to be duly appreciated by those only who are unable to take it. The sensations produced are those of renewed vigour and cheerfulness, unless the application of the heat is continued too long.\* The immediate effects of warm or hot air being as stated, it must be serviceable in colds, chills, rheumatism, languid action, or obstructions throughout the body, or where there is weak or unequal circulation, so

<sup>\*</sup> The effects of heat, as occasioned by immersion in a warm water bath, are very different from these just stated: in the latter, the weight of the water, by impeding the free action of the exhalant and absorbent vessels of the skin, prevents the absorption of heat; and the person, on coming out of the water, frequently feels languid and chilly. Nor do the cutaneous vessels act with such perfect freedom as may be desirable even in a warm vapour bath; the vapour condensing on the skin, and in a lesser degree obstructing the minute openings of innumerable vessels. But a more free and uninterrupted activity in all these important vessels takes place when the body is immersed in warm or hot air, as the person so placed, is in a rarified medium, with the pressure even of the atmosphere diminished.

commonly evinced in the cold hands and feet of delicate women, or other persons of weak constitutions.

Our powers of existence in high temperatures are very extensive. Sir Joseph Banks, Sir Charles Blagdon, Dr. Fordyce, and others, submitted themselves, for the sake of experiment, to a temperature of 50 degrees above the boiling point of water, for twenty minutes, that is, at 264 degrees, without any ill effects whatever; but, on the contrary, it was followed by pleasurable feelings.\*

Dr. Biett, of the hospital of St. Louis, in Paris, frequently submits himself to a temperature of 300 degrees. Monsieur Chabert has, for more than six months together, daily exhibited himself to the public at the Argyll Rooms, in an oven heated to upwards of 500 degrees, and without seeming inconvenience. Some persons may feel disposed to doubt the correctness of these indications, but they are abundantly confirmed; and the still prevailing opinion, that individuals, after exposure to heat, are more liable to colds, is a common error, which close observation and correct reasoning will rectify.

<sup>\*</sup> See Transactions of the Royal Society, vol. lxv. pp. 111, 484, and 494.

What has been stated will, it is to be hoped, prove, that the judicious application of heat has more power in restoring the languid state of the system than any other, while at the same time it removes the torpor, which generally gives rise to diseases, and frequently occasions their continuance; that this agency is also productive of the happiest consequences, by increasing the activity of the absorbent and secreting systems, and by inducing an equal and free circulation throughout the body; and finally, that it gives tone and energy to the nerves, and promotes a powerful determination along the course of them; inviting to a return of the powers of the mind over these organs of sense, and encouraging their influence over all parts of the system.

### SHORT ACCOUNT

OF

# FUMIGATING AND OTHER BATHS.

France has been mentioned as the country to which the practice of Modern Medicine is indebted for the application of heated gases to the cure of various diseases. Those who may desire to learn minutely the progress of this important discovery, are referred to-Memoirs and Reports on the Efficacy of Sulphurous Fumigations in the Treatment of Diseases of the Skin, Joints, and Glandular System, Chronic Rheumatism, Gout, Paralytic Affections, &c. published, by order of the French Government, by Dr. Galés, and which in 1818 was translated into English by Dr. Rees Price.\* From this work the following Report of the Faculty of Physic of Paris, made in 1815 to the government, is extracted, and is well worth the attention of invalids:-

"By a letter dated the 17th July, 1813, his Excellency the Minister of the Interior charged the Faculty to occupy themselves with positive experiments, and to make known to him the ad-

<sup>\*</sup> Published by Longman and Co.

vantages in the healing art to be derived from the different new methods proposed by Dr. Galés.

"The Faculty named a committee, which has pursued their experiments on these methods, and compared them with other remedies.

"The fumigations which Dr. Galés first brought into use, to heal diseases of the skin, and other chronic maladies, is a remedy which, in most instances, has been attended with more efficacy than others which have usually been employed up to the present time—such as the juices and apozems, to which we give the name of depuratives,\* the internal and external use of mercury, the various preparations of antimony and sulphur, internally or externally, or natural or artificial sulphureous baths or drinks, &c.

"This new method, moreover, presents two important points in the practice of physic, as it respects herpetic affections; for hereditary diseases have been cured by it, even those hereditary scorbutic complaints which had existed from earliest infancy, and seemed to be incurable from the long continuance of the disease, and its adherence to the economy of the patient's constitution. Some of these patients had been treated by a great number of remedies,—had despaired of recovery,—yet were radically cured by this method.

<sup>\*</sup> In no other country have vegetable decoctions and infusions (tisanes) been so much resorted to for the cure of various complaints as in France.

"This remedy, which appears to convey an exciting effect to the lymphatic and absorbent system, has been employed to counteract such affections as seem to depend on a want of tone in the system,—as scrofulous and certain other swellings.

"This remedy has also been employed in gout, rheumatism, palsy, and many other diseases, and

often with the greatest success.

"We have, however, witnessed that the effects of the fumigation has not been so constant in the cure of gout as in other diseases: notwithstanding, great number of gouty patients have found relief from its use, and many have been radically cured.

- "By this method *rheumatic affections* are readily cured; more especially as in gout, when the disease has been of a chronic nature.
- "The success of the fumigation has appeared more uniform in the cure of *palsy*, even when this affection has succeeded apoplexy.
- "In stating the result of our observations, as well as from the avowal of Dr. Galés, we fear not to assert the inefficacy of the fumigations in some cases; but the constancy of the effects which we have experienced from it in curing diseases of the skin, and the advantages which have already been derived from the practice in the treatment of other diseases,—advantages which time and new experiments may yet extend,—all conjoin to dispose us in favour of the remedy. We ought, however, to observe that if the success

attending its use has not always been the same, its application has never been attended with any prejudicial consequences; and we merely state these circumstances, resulting from its immediate effects, that every practitioner may be enabled to form a true judgment of the nature of them.

"The many advantages derived by Dr. Galés from this method engaged the attention of Dr, Duchanoy,\* member of the Commission of Hospitals, charged with the service of health, to make experiments, and substantiate, in an authentic manner, the success obtained by this new mode of treating diseases. The comparative experiments were made with the ordinary remedies.

"Dr. Delaporte and M. Ruffin, chief physician and surgeon of the Hospital of St. Louis, were convinced after the experiments made, that the fumigations had the superiority.† The result of these experiments was submitted daily to M. Mourgue, member of the Council for the Administration of Hospitals, charged especially to superintend that of St. Louis. After his report, addressed to the General Council,‡ it was determined that a Medical Committee, composed of Drs. Pinel, Dubois, Esparron, Tartra, and Bouillon la Grange, should pursue these experiments, and substantiate, in an authentic manner, the result and conclusions of their observations; and

<sup>\*</sup> See Certificate of Dr. Bailly, May 3, 1815.

<sup>†</sup> See Certificate of Chamsru and Prat.

<sup>‡</sup> See Report of M. Mourgue, June 8, 1813.

which were all to the advantage of Dr. Galés, as much by the efficacy as the simplicity, safety, and economy which his method presented. This remedy was represented by these gentlemen to be very advantageous in the treatment of various diseases of the skin, &c.\* M. Mourgue transmitted the report of the Committee to the Council for the Administration of Civil Hospitals; † and the Council addressed it to the Prefect of the Seine, requesting that it might be laid before his Excellency the Minister of the Interior; and, finally, it was resolved to give the greatest publicity to this method, and call to it the attention of Government. His Excellency then sent all the papers to the Faculty, requesting them to give the greatest possible attention to this subject.

"We have given it our most deliberate attention, and urge that it should be used in hospitals

and great establishments.

"The Committee think it their duty not to dissimulate on the advantages of this method, which cannot but be applicable also to the service of the camp and of the army.

"Done at a meeting held this 22nd day of

August, 1815; signed,

"LEROUX, HALLE, Professors and DUBOIS, PINEL, Doctors of the DUPUYTREN, PERCY, Faculty of Physic at Paris."

<sup>\*</sup> See Report of Medical Committee, May 8, 1813,

<sup>†</sup> In distinction to military hospitals.

Fumigations, sanctioned after so strict an ordeal, were now universally adopted in Paris, and apparatus for administering them were immediately put up and established at the different hospitals: among others, at the Hôtel Dieu, Maison Royale de Santé, Maison d'Accouchement, Hôpital de la Charité, Hôpital Antoine, &c.; and at the military hospitals, by order of the Minister at War. Time, instead of diminishing confidence in their usefulness, has caused the government of France to be more and more convinced of their importance.

The following is the "number of Fumigations administered in the Hospital of St. Louis, in the apparatus erected on the plan of the ingenious Dr. D'Arcet.

|        | Fumiga       | tions.    | i      |
|--------|--------------|-----------|--------|
| Years. | Sulphureous. | Aromatic. | Total. |
| 1814   | 4,280        | 604       | 4,884  |
| 1815   | 19,876       | 1,552     | 21,419 |
| 1816   | 20,701       | 1,578     | 22,279 |
| 1817   | 10,595       | 7,309     | 17,904 |

In 1817 the fumigating baths were in active operation at all the Hospitals, &c. throughout Paris, which at once accounts for the number being less during that year at St. Louis.

In the apparatus introduced at the Military

Hospital of *Val de Grace*, there have been administered from the 1st of May, 1817, to the 1st of January, 1818:

Simple Fumigations - 686
Alcoholic - - - - 351
Aromatic - - - 274
Mercurial - - - 245
Sulphur - - - 3550

## Total 5106

In 1822, the prodigious number of 127,752 baths were given at the Hospital of St. Louis to out patients only, independently of those administered at the other Hospitals and similar establishments. See Dr. Rayer's work, vol. i. p. xxvi. Paris, 1826.

Drs. Cazenave and Schedel, Physicians to the Hospital of St. Louis, say they now administer annually upwards of 150,000 baths to out patients only. See their work, p. xxxix. Paris, 1828.

Having thus glanced at the introduction, and shown the progress of the Fumigating Bath on the continent, I beg to turn the reader's attention to the results of an establishment in this country, which commenced in 1822. And here I would observe, that the success attending the practice, the satisfaction alike given to the medical men whose patients have been submitted to the remedy, and the generally-happy results to the patients them-

selves, equally contribute to encourage the promulgating the advantages of these baths.

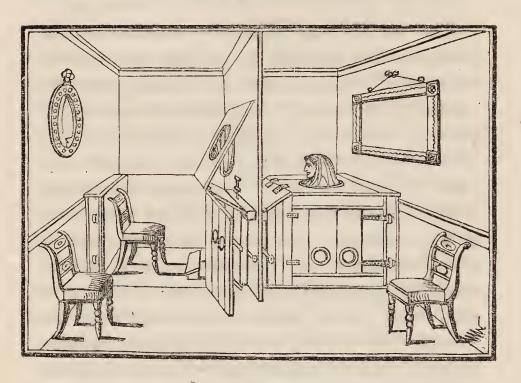
England usually is not backward in receiving and improving on the inventions of other countries. Still, advancements in the medical art, let them have their origin in what country they may, are received here, by the profession, with a prudent reserve, which is sanctioned both by sound sense and the knowledge taught by experience.

But a sufficient reason for the rapid progress which the practice of Medical Fumigations made in France, arose from the Hospitals in that country being so differently constituted to those in England. On the continent generally, the Hospitals are supported by the governments, together with the medical officers attached to them, from a tax on the receipts of places of public amusement, &c. The medical officers are selected according to their ability and the conspicuousness of their talents; and the whole of the affairs of the Hospitals are under the superintendence of a council for their administration. Consequently, improvements in the art of medicine generally have their origin in the Hospitals, and are immediately under the cognizance of government. Our Hospitals, on the contrary, are supported by voluntary contributions, and the medical officers remunerated by the introduction it gives them to general practice, and over which the government has no controul.

The remedy was principally introduced here in an empirical manner, by persons who neither understood the rationale of the remedy, nor the nature of the diseases it was calculated to remove; persons who were blind to discrimination, but who boldly professed to cure all maladies that came within their reach: -- amongst these cases many occurred which the fumigations alone were able to eradicate: this gave greater assurance to their assertions, and they seemed at a loss to name diseases sufficiently formidable for them to cope with. Men of sense, however, knew the fallacy of this, but by such infallibility being promulgated and maintained, professional men were nearly induced to discountenance the remedy altogether, particularly as there was no establishment properly conducted to which they could recommend their patients. Thus, it appears, that a remedy which can boast so much simplicity, comfort, efficacy, and general utility, was nearly rendered nugatory in this country; for few medical men felt sufficiently encouraged to undertake exclusively the direction of a process attaching to it the then evil name of quackery.

A sketch of the Warm Air, Vapour and Fumigating Baths on an improved plan, after those directed by the French Institute, is here submitted

to the reader's attention.



One side of the above representation shows the bath open; the other a person taking the bath. In this apparatus the patient sits from a quarter to half an hour. And in these baths the warm air, vapour, sulphur, chlorine, camphor, or other medical gases or vapours, arise from beneath the patient, involving the whole body, the face alone being excluded. After the patient has been thus seated eight, ten, or twelve minutes, the pores of the skin become elevated and expanded, a perspiration, more or less copious, which can be regulated as the case may require, then issues forth, the face becomes flushed, and the circulation quickened, but the pulse is invariably soft. Obstructions may be thus overcome, and the cause of the disease frequently

carried off, whilst the patient is seated in the bath, with the exhalent and absorbent vessels of the body excited into activity; this process alone augmenting all the secretions, a desideratum dependent altogether on a vigorous circulation. Medicines may, by these means, be conveyed through the pores into the system, in cases where the stomach or bowels are too weak to retain them; or in skin complaints they may be applied in the most effectual and penetrating mode,—as the patient sits surrounded by medicated gas, which the heat of the bath causes to be absorbed. method is also more pleasant, cleanly, and certain, than the usual one of applying ointments, lotions, &c. &c., which are not only dirty and troublesome, but frequently inefficacious. Nevertheless, when necessary, any of these means may be used in conjunction with the fumigating baths, which are peculiarly adapted for the removal of those diseases which are of long standing or little under the influence of medicine. Every day's experience proves that medicines, from being continued, frequently become more inert; yet, when taken in conjunction with these baths, act again equal to their first impressions, and often in smaller doses, as the baths themselves answer many of the purposes for which medicine is prescribed.

Whoever reflects on the manner in which the circulation of the system is carried on, cannot

fail to be struck with the superiority which this mode of treatment, in many diseases, must possess; and wonder that a mode of application so useful should not sooner have been invented. In a state of health, the circulation in the internal and external systems of vessels may be considered as preserving an equilibrium, and all deviations from this regularity of circulation is the primary cause of endless varieties of disease. This method of treatment tends powerfully to establish in equal balance the whole of the circulatory system, and consequently must be an active agent in the prevention, as well as in the removal, of disease; and if resorted to in the early stages, I am of opinion, that in those cases for which it is indicated, it will seldom fail, when managed by a skilful medical practitioner, in whose hands alone such a valuable acquisition to our art ought to be placed.

The baths, as represented, and which I am in the habit of daily directing, are warm-air, sulphur, chlorine, aromatic, and mercurial fumigations, together with vapour-baths: some of these baths are portable, and may be applied locally when that object is desirable, I have them in separate rooms with suitable attendants, and they are available from nine to six o'clock; the Establishment is calculated to meet the expectations both of the invalid and luxurious bather, being at once pleasant and salutary. This is a mode

of treatment recommending itself for its simplicity, safety, and efficacy, and it is not the least of its boasts, that many diseases which are found obstinate under the accustomed modes of treatment, frequently give way to the use of these baths. There is no smell of brimstone in the sulphur fumigations, but rather an odour resembling ether, and the use of the warm-air and different fumigations commonly occasions an increased activity and cheerfulness after each time of using.

The term sulphur vapour bath, is a misnomer, and, as it has led to mistakes, should be corrected, the proper term is sulphur gaseous bath, or sulphur fumigating bath; it is a very different thing in principle, and exceeds in efficacy all natural sulphur springs so long famed for the cure of various diseases.

But a very important effect of the sulphurous fumigations is the disquamation, or peeling of the skin, which commonly takes place after their use, similar to what frequently occurs after an attack of fever, or measles, yet greater in degree, and depending on the number of fumigations taken. It is, I believe, on this principle of giving the patient a new skin, that these baths are so eminently useful in all affections of the skin, and with some persons this effect may be produced by so few as six fumigations, others there are who require three or four times that

number, before it can be produced, but I am generally able to tell how soon it may be calculated on.\* I believe it is on this principle too, that the fumigations are so serviceable in various other diseases, which are kept up, aggravated and attended by a diseased, dry, or unperspirable state of the skin, the transpiration from which, together with that from the lungs, when a person is in fair health, amounts to five pounds in weight,

In 1826, a lady, aged about 30, came from Jamaica to England, for medical advice, having always been in a bad state of health, particularly with disorder of the liver and other internal functions. She was advised to take my sulphur fumigating baths, of which she took thirty-six, almost without interruption, and with most decided advantage. She then discontinued them for six weeks, during which time the peeling of the skin, above spoken of had taken place; and on her return I advised the chlorine fumigations to be substituted, as more likely to do permanent good to the liver. Of these she took twelve, but not in the same rapid succession, as they would have made the mouth too sore, producing effects very similar to those of mercury. But on her return I was surprised at the great alteration in her appearance; the complexion was not only clear, but florid: previously to this I had always considered the lady as a mulatto, and on inquiry found she was of English parents, born at Jamaica, at which place she had lived till her arrival in this country. This note is appended to show the extraordinary good effects that are occasioned to the system generally and to the complexion, by well-directed fumigations. Medicines were a part of this lady's treatment, and she returned to Jamaica well. She was a patient of Dr. David Davis.

out of every eight pounds of substance taken into the stomach. This fact was ascertained by Dr. Sanctorious,\* an Italian physician, and afterwards proved by Dr. Keil,† an English physician of similar philosophic pursuits, who by living, as it were, in a scale or balance, and weighing the ingesta and egesta, seem to have set this matter beyond dispute, as more modern authors allow this to be the standard proportion. It is corroborative of the opinion of numerous physicians of the present day, that the insensible perspiration, or transpiration from the skin, is the most important evacuation of the body. Another advantage of not less importance attending this mode of bathing remains to be noticed, viz. that it cannot repel, or drive inwards any disease with which the patient may be afflicted, as it is the principle of this mode of treament to bring diseases to, through, and from the surface of our bodies, and that it does not militate against, but assists and may be used in conjunction with any other remedial means.

I think it fair to the public to say, that I believe there is little efficacy in what is termed a medicated vapour bath, over that of the soothing effects of simple vapour from boiling water. Shampooing is more a pleasureable operation to those who choose to think it so, than a serviceable one; in

<sup>\*</sup> Ars de Statica Medicina. Aphor. IVth, sect. 1st.

<sup>†</sup> Medicina Statica Britannica.

disease it is only of use in cases of rigidity or stiffness; where there is inflammation, it is inadmissible.

What is advertised under the term humid sulphur vapour bath, is nothing more than a simple vapour bath; as water, at any temperature, is incapable of dissolving sulphur, unless assisted by chemical agents; the smell is then insufferable, and totally unfit for breathing, as suffocation would ensue. Yet in the advertised humid sulphur vapour baths, the head is enclosed, which proves that it is not correct in its application.

As applies to vapour bathing in general, I am of opinion, that the present practice admits of much improvement. The usual mode of including the head in the bath, is objectionable, particularly where there is any complaint of the skin, or ulceration on the surface of the body, or in the sequel of fevers; the atmosphere the patient must then breathe being deteriorated, and the vapour, as it ascends, occasions an increase of heat, and too great an accumulation of blood in the head and chest.

All the purposes of vapour bathing are better answered by excluding the face, even should that be the seat of the disease, for, by relieving the system generally, the local affection is com-

<sup>\*</sup> Dr. Ridgway has shown that vapour bathing was first employed in England in 1696. Vid. London Med. and Phy. Journal, March, 1829.

monly removed. But in pulmonary affections, on the contrary, the vapour may sometimes, under judicious directions, be inhaled with advantage. In vapour bathing too, the feet should always be kept the hottest, a circumstance that seems to have been entirely overlooked; and simple as a vapour bath is in its nature, it requires, for its comfortable and proper effect, to be first carefully adjusted, and a tact in the administration which is only to be arrived at by practice.

The beneficial effects of vapour bathing might be carried to a much greater extent in this country than it now is; during pregnancy, the advantages are not confined to lightening the load of gestation, but extend even to the very hour of The great tension of the body, from the increasing bulk of the fœtus, is prevented by the relaxation induced in the skin; the bowels are preserved in a free state, to the great comfort and safety of the patient; but, above all, a pliability of fibre is occasioned, which, diminishing resistance, lessens the pains, and shortens the period of actual labour; and by these means secures from danger the objects of our tenderness in the most interesting moments of their lives. These advantages are duly appreciated and acted upon on the continent, and to this circumstance may be attributed the facility of labour in hot climates. Persons, however, who are apt to miscarry, during the third and fourth months of pregnancy,

should not resort to the vapour bath without medical advice.

A cold shower bath is not only taken with impunity after a vapour bath, but is attended with advantage, as it is bracing in its effects. Many may read this with surprise, nevertheless it is the fact, and known to hundreds of persons in England. It is far preferable to immersion in the sea, so injudiciously resorted to by persons in this country: but neither one nor the other should be repeated unless it is followed by increased cheerfulness and a general glow on the skin; and on those days when patients do not feel so well as usual, even the shower bath should be omitted.

A douche bath is a stream of water or vapour, which, with considerable force, is applied to diseased parts, as obstinate glandular swellings, enlarged joints, &c.; it is little known in England, but is a very useful remedy and much resorted to on the continent.

The following abstract exhibits at one view a few of the Cases which have been treated at Mr. Green's Baths, with the results. Each Case is numbered merely for reference, in order that those desirous of further particulars may be readily satisfied as to the accuracy of the statements, and with this view the names of the Medical Gentlemen, by whose advice the patients have used this remedy, are also given.

On observing the generally successful issue of these cases, it should be borne in mind that the diseases, for which the Fumigating Baths are peculiarly applicable, are not those which immediately endanger life, but, on the contrary, are those which may be more correctly characterised as teasing or tormenting rather than dangerous.

Mr. Green is far from recommending Funigating Baths as an universal specific, but strongly advocates their use under the direction of a regular Medical Practitioner, fully aware of the management and their effects, as a perfect knowledge of the numerous Cases in which this remedy is advantageous can only be acquired by constant attention, and from the deductions of experience practically obtained by the careful observer. And although his establishment has been patronised by the leading members of the profession for a series of years, and continues to be so, yet it is still to be regretted that the remedy is either disregarded, or entirely unknown to many English practitioners.

Rheumatism, Gout, Sciatica, Lumbago, Asthma, and other painful Diseases.

| Result.                   | Whenever he has a cold, comes to take the bath. | Died at Sierra Leone.<br>Remains well.                        | Died in India.   | Remains well; his daughter has since been cured of an eruptive face. | Took the baths subsequently for periodical head aches, of which he got well. |
|---------------------------|---|---|--|--|--|
| No. of Baths<br>cured by. | Seven.  | Seven.<br>Five.   | Sixteen, with other means.   | Twelve, with medicine.   | Two.   |
| Standing.                 | Not long.                                       | Two months.<br>A fortnight.                                   | debility — More than a every joint year. to walk.                    | 2 years.   | Not long.  |
| Complaint.                | Rheumatism in back and shoulders.               | Severe rheumatism. Two months. Acute rheumatism. A fortnight. | General debility — More pains in every jointlyear. —-unable to walk. | Upwards of 80.—<br>General rheuma-<br>tism.                          | Rheumatism.  |
| Patient of                | Mr. Gaskoin.                                    | Mr. Guthrie.  | Mr. Jeffreys.  | Mr. Brodie.  | Mr. Gaskoin. Rheumatism.   |
| Name.                     | 1823 1 Sir G. C.                                | 2 Gen. T.<br>3 Sir C. G.<br>Recommended<br>by Case 2.         | 4 Col. E.  | 1823 5 Capt. D.<br>Sept.   | 6 Mr. T. M.P.  |
| ·oN                       | 1823 1<br>Dec.                                  | 1824 2<br>Mar. 3  | 1823 4<br>Dec.   | 1823 5<br>Sept.  | 1823 6<br>Feb.   |

|  | Å   | AND OTHER  | PAINFUL DI   | ISEASES.   | <b>2</b> 9  |
|--|---|--|--|--|---|
| Is well. Is well.  | No amendment till after the seventh bath. | When indisposed from cold, or otherwise, principally relies on the baths for relief. | Twenty-seven, Died, it is presumed, of apoplexy, with little me-1827; his lady and daughter have dicine. | Has never had gout severely since, but occasionally still takes a few baths. | Died in November, 1829, from a fall, but had been almost free from gout since 1824. |
| Four.<br>Three.  | Fourteen.                                 | Nine.  | Twenty-seven, with little medicine.  | Twenty-four.   | Eleven.   |
| Not long.<br>Not long.   | One year.                                 | Six weeks.   | contrac- Many years.   | Many years.  | Many years.   |
| Rheumatism.<br>Rheumatism.   | Rheumatism and<br>skın complaint.         | Rheumatism with<br>contractions, sequel<br>of fever.                                 | Gout and contrac-tions.  | Gout   | Severe gout.  |
| Mr. Jeffreys.<br>My own.   | Mr. Bacot.                                | My own.  |  | Mr. Eyles.   | Mr. Blackett.   |
| Apr.   8 Mr. L. M.P.   Mr. Jeffre   8 Mr. M. W.N. M.P. My own. recommended   by No. 7. | 1825 9 Mrs. S.<br>Sept.                   | 1825 10 Capt. S. R.N.<br>Dec.  | 1824 11 Sir E. B. recommended by the Hon. Basil Cochrane   | 1824 12 Mr. P.<br>Jan.   | 1824 13 Mr. M<br>May  |
| 1824<br>Apr.   | 1825<br>Sept.                             | 1825<br>Dec.   | 1824<br>Jan.   | 1824<br>Jan.   | 1824<br>May   |

|  | 4)   | 4) 4)  |   |
|--|--|--|---|
| From which he received so much benefit, that ever afterwards he was almost indifferent about his gout: he continued twice a year to take twelve baths, always with great satisfaction: died in 1829 of internal complaint. This was a complicated, and as severe a case of gout as could be witnessed. | Relieved in an extraordinary degree for two years; he then took a few more baths, and only had a relapse of which he soon got better, and has remained well. | No remedy gave this physician more satisfaction; after the first bath he was enabled to lie down with unusual comfort.   | Comes to town once or twice a year, and takes twelve baths—has had no return whatever of gout since the first.  |
| Sixteen.   | Nine.  | Three.   | Twelve.   |
| Thirty years.  | Many years.  | Long time.   | Many years.   |
| Gout, and its consequences in a most aggravated degree. Asthma, &c.  |  | Asthma and dyspepsia.  | Gout.   |
| Sir M. Tierney, Mr. Nussey, and Mr. Gas- koin.   | Dr. Ridgway.   | •  | Sir C. Scuda-Gout.  |
| 25 14 Mr. W.   | 23 15 Mr. A.   | 24 16 Dr. Y.   | 1826 17 Mr. S.<br>Feb.  |
|  | r. W. Sir M. Tierney, Gout, and its conse-Thirty years. Mr. Nussey, quences in a most and Mr. Gas-aggravated degree. koin.  Asthma, &c.                      | 14 Mr. W. Sir M. Tierney, Gout, and its conse. Thirty years. Sixteen. Mr. Nussey, quences in a most and Mr. Gas-aggravated degree. koin. Asthma, &c. Asthma, debility, Many years. Nine. &c. | 14 Mr. W. Sir M. Tierney, Gout, and its conse- Thirty years. Sixteen.  Mr. Nussey, quences in a most and Mr. Gas- aggravated degree. Asthma, &c.  Asthma, &c.  Dr. Ridgway, Asthma, debility, Many years. Nine.  &c.  Asthma and dyspep- Long time. Three. sia. |

|  | A   | ND OTI                 | IER PAINFUL D   | ISEASES.  |   | 31  |
|--|---|------------------------|---|---|---|---|
| Which he repeats occasionally, and has had no severe attack since the first. | Takes the baths as No. 15, has had no severe gout; and his father, upwards of 80, and his son, have since been my patients. | Has had no gout since. | Often walks from Westminster Bridge to my house, and is greatly relieved by the baths.  | No pain after the fourth bath: sends many patients. | Has had no attack ever since, but<br>on threatenings always hastens to the<br>bath, which relieves him. | - the limb Sixteen months Thirteen, with Has had no return. |
| Twelve.  | Twenty-four.  | Twelve.                | Twelve.   | Seven.  | Four.   | Thirteen, with other means.                                 |
| contrac-Many years.  | Many years.   | contrac- Many years.   | The latter maladies several   | Several months                                      | Five years.   | Sixteen months  |
| Gout and contractions.   | General gouty affec-Many years. tion, with paroxysms twice a year.  | Gout and contractions. | Gout, which was The latter ma-Twelve. cured—subsequent ladies several asthma, sciatica, and years. oppressive corpulency—unable to walk many yards. | Sciatica—unable to Several months Seven.            | Sciatica.   | Mr. Sciatica — the limb<br>wasted one-third.                |
| My own.  | Mr. Turner.   | My own.                | My own.   | Dr. Nelson.   |   | The late Mr.<br>Pearson.                                    |
| 1826 18 Mr. L.<br>May  | 1826 19 Mr. II.<br>May  | 1826 20 Mr. T.<br>Dec. | 1827 21 Mr. C. M.P. June  | 1826 22 Mrs. B.<br>Oct.                             | 1823 23 Mr. S. surg. Sept.  | 1824 24 Mr. C.<br>July                                      |

|              |            | Dr. Chambers, Sciatica, approach- Very deranged Upwards of 40. In the spring of 1825 resumed his Messrs. Brodie, ing tic doloreux—health, debility professional duties, and has since continued well.  Self. his profession. ating pain; a curious case. | On some occasions has had threatenings, which bring him to the baths, where he obtains relief. | Got quite well, and I have never since heard of him.                               |   |                     |
|--------------|------------|--|--|--|---|---------------------|
| 4            | nesutt.    | . 1825 res   | ns has had<br>g him to<br>relief.  | nd I have  |   |                     |
| q            | y          | spring of<br>onal dutie  | On some occasions has ings, which bring him where he obtains relief.                           | te well, a   | ıred.   | rell.               |
|              | ,          | In the sprii<br>professional<br>tinued well.   | On somings, where h  | Got quite well<br>heard of him.  | Quite cr  | Quite well.         |
| No. of Baths | cured by.  | rds of 40  | een.   | ů.   | Twenty-three. Quite cured.  | een.                |
| No.          | cm         | Upwa   | Eighteen.  | Fiftee   | Twen  | Fourteen.           |
|              | ung.       | ranged<br>lebility<br>xcruci-<br>ain; a  | ars.   | onths.   | vå  | nths.               |
| 73           | Standing.  | Dr. Chambers, Sciatica, approach- Very deranged Messrs. Brodie, ing tic doloreux— health, debility Pearson and obliged to relinquish and excrucible his profession.  | Two years.   | Continued lumbago Eight months. Fifteen. and sciatica from sleeping in a damp bed. | Dr.M'Michael, Confined to the sofa Six years.  Mr. Brodie, Sir — judged to have A. Cooper, and disease of the spine, but unable to walk from pain and debi- lity. | of the Five months. |
| -            | 1t.        | oroach-<br>reux —<br>inquish   |  | Continued lumbago<br>and sciatica from<br>sleeping in a damp<br>bed.               | Confined to the sofa  — judged to have disease of the spine, but unable to walk from pain and debility.   | f the               |
|              | comptaint. | Sciatica, appring tic dolore obliged to relinhis profession.   | ė  | nued lu<br>sciatica<br>ng in a   | ted to tigged to e of the nable to  |                     |
|              | 3          | Sciatic<br>ing ti<br>obliged<br>his pre  | Sciatica   | Continand sleepin bed.   | Confin jud disease but ur from plity.   | Affection           |
| 7. +0        | ratient of | ambers,<br>Brodie,   | 3.   | /inson.  | fichael,<br>die, Sir<br>oer, and  | ate.                |
| Date         | r atte     | Dr. Cha<br>Messrs.<br>Pearson<br>Self.   | My own.  | Dr. Nevinson.<br>My own.   | Dr. M'Michael, Confined to the sofa Mr. Brodie, Sir — judged to have A. Cooper, and disease of the spine, but unable to walk from pain and debility.              | Mr. Keate.          |
| Numa         |            | *  |  | <br>   |   |                     |
| . N.         | TAG        | 1824 25 Dr. R.<br>Nov.   | 1824 26 Mr. B.<br>Apr.   | 1824 27 Major M.<br>Feb.   | 1825 28 Miss P. May & S. Mune   | Ir. P.              |
| .01          | I          | 25 I   | 261  | 27   | 28 N  | 29 N                |
|              |            | 1824<br>Nov.   | 1824<br>Apr.   | 1824<br>Feb.   | 1825<br>May<br>&<br>June  | 1826 29 Mr. P.      |

|   |   | AND (   | THER PA                                     | MINFUL DISEASES.   | 33  |
|---|---|---|---|--|---|
| No return.                                | Quite well.   | Lumbago, and has Very subject to Frequently had Died in 1828, from a cancer in the diseased prostrate exacerbations. occasion to take arm-pit. the baths. | Always sufficient.                          | Eleven months Six, with little No ague fit after the first; his recovery astonishingly rapid. He could scarcely believe that one bath had cured his ague, and on that account continued them; his swellings had disappeared; and he was almost vigorous: has remained well. See Med. and Phys. Journal, Oct. 1829. | No attack after the first bath. Got well. I have numerous similar cases from Essex, Kent, &c. and invariably with the same successful result. |
| One.                                      | Three.  | and has Very subject to Frequently had Died in prostrate exacerbations. occasion to take arm-pit.   | Two or three.                               | Six, with little medicine.   | a Four.   |
| Three days.                               | Subject to fre-Three.   | Very subject to<br>exacerbations.   |   | Eleven months  | than  |
| Lumbago.                                  | Lumbago and Subject to fre cramps in the legs. quent attacks. | Lumbago, and has diseased prostrate gland.  | All subject to frequent attacks of lumbago. | Sir H. Halford, Ague, debility, Bart.  | Ague and debility. More year.   |
| Mr. Earle.                                | My own.   |   |   | Sir H. Halford,<br>Bart.   |   |
| 1823 30 I. H. P. surg. Mr. Earle.<br>Dec. | 1824 31 Mr. L.  | Mar. surgeon.   | 33 Dr. B. A. Dr. G. C. Dr. D. S.            | 1825 34 Mr. G.<br>Mar.   | Aug. mended by case mended by case 58, who had witnessed the preceding case.  |
| 1823<br>Dec.                              | 182   | 1824<br>Mar.  |   | 1825<br>Mar.   | 1825<br>Aug.  |

# OBSERVATIONS ON THE PRECEDING CASES.

RECENT Cases of Rheumatism, Sciatica, Lumbago, &c. always yield to these Baths without other aid. When such diseases are of long standing, it is advisable to conjoin the use of medicine; and it is frequently the case in the latter instances, that, when persons first begin the use of the Baths, the symptoms are rather aggravated before they can be removed. These Baths have been taken with great advantage even in diseases highly acute, principally by my medical friends, who understand the nature of the remedy; but I do not usually recommend them in these diseases, as I think as much mischief arises by removing such patients as they can receive benefit by their use. In regular Gout the cases require discrimination; but as inflammation is the apparent mation rather suddenly goes to some other part, the Baths are always to be advised, as they bring it back to the feet, that part of the Bath being kept the hottest. In atonic Gout, which is characterised by a delicate state of the stomach, eructations, indigestion, evil, we already know that nothing cools the body more than evaporation from the skin. In retrocedent Gout, where the inflamdejection of spirits, giddiness, &c. attended by a disposition to apoplexy or asthma, without very active inflammation in the joints, always be advised for the weakness and lameness that commonly remains in the parts that have been attacked. These Baths are these Baths are particularly useful. In misplaced or wandering Gout, which, in persons predisposed to the disease, produces inflammation in some of the internal parts, instead of the joints, these Baths are likewise highly beneficial. I have known several instances of Gout absolutely cured by these Baths and a courageous adherence to restricted diet and exercise. From my practical experience, I am enabled to tell pretty correctly those cases in which I am warranted in recommending the remedy, but which may often taken to reduce corpulency, particularly by persons who are unable to use exercise; to effect this object, they should be taken in quick succession and few in number, for by continuing them the appetite and sleep improves, and the patient, instead of diminishing, gets lustier—a fact that goes to establish their tonic effects,

Complaints principally of the SKIN, Moist, Dry, Itching, Erysipelas, Ringworm, Nettle Rash, Glandular Swellings, Dropsy, &c.

| Result.                | Twenty-seven Has continued well.  —one daily.  | Continues well.  | Continues well.  | Forty-six—  In 1827 had a slight return, which little medicine, again soon yielded to the baths—sends me many patients. |
|------------------------|--|--|--|---|
| No. of Baths cured by. | Twenty-seven —one daily.   | Fifteen.   | Twelve with other means.   | Forty-six—<br>little medicine,  |
| Standing.              | y, and itch- More than spring and seven years. attended fuse icho-harge.   | Four months.   | principally Two years.  he leg—on ng to me it inded over   | More than 30 Forty-six—years.   |
| Complaint.             | Mr. Chevalier. Dry, scaly, and itch- More than ing—in spring and seven year autumn attended with profuse ichorous discharge. | Rough, dry, itching. Four months. Fifteen.                     | ight<br>rte<br>tte   | As the last case.   |
| Patient of             | Mr. Chevalier.   | Drs. Leman and Squibb.   | Mr. Brodie and<br>Mr. Maudsley.  | Mr. Brodieand As the Mr. Higham.  |
| Name.                  |  | 1825 37 Mrs. W. aged Drs. Leman Aug. more than 70. and Squibb. | 1826 38 Right Hon. Sir Mr. Brodie and Moist, H. R. aged Mr. Maudsley, affectin rnore than 80. his con had ex | 1826 39 Mr. P. M.P.<br>Feb.   |
| •0N                    | 1824 36 Mr. G.<br>Oct.   | 1825 37<br>Aug.  | 1826 38<br>Feb.  | 1826 39<br>Feb.   |

|                        | on since cured   |                             | restored—oc-<br>ths, and sends   |   |   |                                  |
|------------------------|--|-----------------------------|--|---|---|----------------------------------|
| Result.                | Twenty-eight, Continues well—his son since cured with medicine, of a similar disease.                              | Continues well.             | Quite removed—health restored—occasionally takes the baths, and sends me patients. | Perfectly well.   | Cured.  | Cured.                           |
| No. of Baths cured by. | Twenty-eight,<br>with medicine.  | Nine—one twice a-day.       | Fifteen.   | Sixteen.  | Eleven,   | Nineteen.                        |
| Standing.              | almost all years—an anbody.  gate patient,   | moist com-Nearly two years. | Three years.   | Not long.   | Not long.   | From infancy. Nineteen.          |
| Complaint.             | Mr. Guthrie & Running, or moist Upwards of 9 disease, almost all years—an an-over the body.  gate patient, &c. &c. | General moist complaint.    | Pustular disease on Three years. the face—debility—head-aches.                     | Face covered as with Not long.  a mask, and some parts of the body— | Dr. Granville. General itching complaint of the skin. | General dry and itching.         |
| Patient of             | Mr. Guthrie & Mr. Scriven.   | Mr. Keate.                  | Dr. Hunt and<br>Mr. Squibb.  | Dr. Maton.  | Dr. Granville.  | Dr. Hunt.                        |
| Name.                  | 1826 40 Sir E. B.<br>Jan.  | 1824 41 Captain W. Sept.    | 1824 42 Miss P.<br>Feb.  | 1824 43 Mrs. A.<br>July.  | 1824 44 Lady C. S.<br>Aug.                            | 1824 45 Miss F. aged<br>Nov. 22. |
| •oVI                   | 1826 40<br>Jan.  | 1824 41<br>Sept.            | 1824 42<br>Feb.  | 1824 43<br>July.  | 1824 44<br>Aug.                                       | 1824 45<br>Nov.                  |

|                                |   |                                |  |                             |   |   | U   |
|--------------------------------|---|--------------------------------|--|-----------------------------|---|---|---|
| Cured.                         | Cured.                                    | Cured.                         | In 1825 had a return, which was cured by nine baths. | Cured.                      | Cured.  | Cured.  | Fifty, with little Cured—in 1827 relapsed slightly, for medicine.  which twelve fumigations were sufficient. See Medical and Physical Journal, Oct. 1827. |
| Nine.                          | Eighteen, with Cured.                     | Twelve.                        | Eleven.  | Eighteen, with Cured.       | Twenty-four, with other means.                    | Thirty-eight, with other means.                 | Fifty, with little<br>medicine.   |
| Eleven months. Nine.           | Some years.                               | Three years.                   | Not long.  | and Dys-Two years.          | Six years.  | Nine years.                                     | Seven years.  |
| Leprous — dry — scaly—partial. | Pustular disease of Some years. the face. | Leprous — dry — scaly—general. | Leprosy.   | Leprosy and Dyspepsia.      | Leprosy.  |   | Leprosy.  |
| •                              | The late Mr.<br>Wadd.                     | Mr. Blackett.                  | Mr. Penning-ton.                                     | The late Mr.<br>Pearson.    |   | Drs. Ridgway, Leprosy. M.Cabe, and Mr. Gaskoin. | Surgeon's<br>daughter, re-<br>commended by<br>Mr. Brodie.   |
| 1824 46 Mr. G. surg.<br>June   | 1824 47 Mr. F.<br>June                    | 1824 48 Rev. Mr. J.<br>July    | 1824 49 Mr. J.<br>Mar.                               | 1824 50 Mr. M. M. Feb. Mar. | 1825 51 Mrs. B. recom-<br>Aug. mended by case 35. | 1826 52 Miss N.<br>May                          | 1826 53 Miss B.<br>May  |

|                       |  | ,                                       | in   | iis<br>he<br>m<br>iis<br>of  |
|-----------------------|--|---|--|--|
| Result.               | Cured.   | Cured.                                  | Cured—1830 had a return, was again soon cured, but chose to take twenty baths. | Cured. This physician found his health so much benefited by the baths, that he continued to take them occasionally till the year preceding his death, occasioned by inflammation of the brain, 1829. |
|                       | Cm   | Car                                     | Cured soon c baths.  | Cu<br>hea<br>bat<br>occ<br>dea<br>the  |
| No.of Baths cured by. | Fifteen—one twice a-day, with other means.       | Nine.                                   | Twenty.  | Thirty-seven.  |
| Standing.             | Not a year.                                      | Not long.                               | More or less<br>for years.   | Upwards of 30 Thirty-seven. years.   |
| Complaint.            | Moist, on the chest, Not a year. arms, and legs. | Moist, and all over Not long. the body. | Dry, itching.  | Pustular disease, Upwa more or less, all over years. the body, principally on the legs—debility and weak stomach.  |
| Patient of            | Mr. Chevalier. Moist, arms, a                    | Mr. Guthrie.                            | Mr. Gaskoin.   | My own.  |
| Name.                 | 1824 54 Captain W. June                          | 1825 55 Captain C.<br>Dec.              | 1824 56 Admiral C.<br>Feb.   | 1823 57 Dr.R. aged 87. My own.   |
| .oV                   | 1824 54<br>June                                  | 1825 55<br>Dec.                         | 1824 56<br>Feb.  | 1823 57<br>Aug.  |

| General moist, or More or less 127, one daily His health is perfectly restored, and running scabby dis-fromchildhood.—the progress he still occasionally takes the baths, watched by nu- as they keep him in good health—merous medical in very hot weather he has had somefriends, all of times a show of his former malady, whom had which is always subdued by a few deemed him in- baths taken in quick succession. | Thirty-six— Recovered his health before the skin one daily, with complaint got well—sends me many other means. patients, and is now in robust health. | Cured—and sends me many patients.  | Has had no return.                                    | Without having any return of his malady, the two succeeding years he chose to take the same number of fumigations (spring and autumn) as a preventive—has remained well, and sends me many patients. |
|---|---|--|---|--|
| 127, one daily—the progress watched by numerous medical friends, all of whom had deemed him incurable.  | 母   | Twenty-nine.   | Nine.   | Twenty-one.  |
| More or less<br>fromchildhood   | Long standing   | Thirty-four years.   | Some years.   | Some years.  |
| s e   | 1823 59 Mr. J. aged 67. Dr. Yeats and Troublesome com- Long standing. Thirty-six—Dec.  Mr. Brodie. plaint of skin—debility—dropsy and diseased liver. | Most troublesome Thirty moist complaint, ex- years. tending over the lower part of the | Frequent erysipelas Some years. about the face, neck, | Dr. Granville. Erysipelas twice a-Some years. year, principally about the face and head.   |
| Mr. Jeffreys & myself.  | Dr. Yeats and<br>Mr. Brodie.  | Dr. Leman.   | Mr. White.  | Dr. Granville.   |
| June June myself. Mr. Jeffreys & General running ease—c & & C.  | 59 Mr. J. aged 67.  | 1825 60 Mr. S.<br>July<br>Aug.   | 1824 61 Mrs. L.<br>Aug.                               | 1824 62 Hon. Col. O.   |
| 1823 5<br>June  | 1823 5<br>Dec.  | 1825 6<br>July<br>Aug.   | 1824 6<br>Aug.  | 1824 6<br>May  |

|                        |   |  | OF THE SKIN   | , αυ.  |                                      |   |
|------------------------|---|--|---|--|--------------------------------------|---|
| Result.                | Is in fair health—sometimes takes a bath—has had no erysipelas, and the enlarged glands disappeared soon after the first treatment. | Cured.                                 | Perfectly cured, even of the deafness, of which I have had five similar cases, but consider the recovery in such instances almost accidental—sends memany patients. | The enlargement is little perceptible—not at all lame. | Cured.                               | Cured—in 1828 had a relapse, and was again cured by twelve baths. |
| No. of Baths cured by. | Sixteen, with other means.  | Thirteen.                              | Twenty-four during a fortnight.   | Twenty nine.   | Fifteen—leeches, &c.                 | Thirty, with other means.   |
| Stunding.              | Some years.   | Considerable<br>time                   |   | Upwards of five Twenty nine.                           | but Two years.                       | One year.   |
| Complaint.             | Mr. Blackett. Erysipelas—debility Some years.  —liver complaint— bad digestion—en- larged glands in the neck, &c.                   | Erysipelous com-<br>plaint.            | Erysipelas — spas-modic — asthma — cough, and deafness of long standing—very dry skin.  | Enlarged knee—<br>very lame.                           | Similar case, but<br>with much pain. | Dropsy, debility, &c. One year.                                   |
| Patient of             | Mr. Blackett.   | Mr. Verity.                            | My own.   | Mr. Brodie.  | The late Mr. Pearson.                | Mr. Brodie.   |
| Name.                  | 1823 63 Mrs. B.<br>Oct.   | 1824 64 His Grace the Mr. Verity. Nov. | 1826 65 Mrs. T. aged<br>July 68.  | 1826 66 Mr. M.<br>Feb.                                 | 1825 67 Mr. P.<br>July               | 1824 68 Major R.<br>Sept.   |
| .oN 1                  | 1823 63<br>Oct.   | 1824 64<br>Nov.                        | 1826 65<br>July   | 26 66<br>b.  | 1825 67<br>July                      | 1824 68<br>Sept.  |
|                        | 870   | 8 Z                                    | 18<br>Ju  | 1826<br>Feb.   | 18.<br>Ju                            | 18;<br>Sej  |

| <u></u>   | COMPLAINTS OF THE SKIN, &C. 41  |  |  |  |  |
|---|---|--|--|--|--|
| Cured.  | Cured—and in 1829 relapsed, and with the same means and twelve baths again got well, and now remains so.                              | Cured-no relapse.  | Thirty baths, This nobleman's health became so with little other much improved under the treatment, medicine.  that he chose to take nearly 100 baths, and had no relapse. | Cured—tried medicine in vain—an annual visitant to Harrowgate, &c. &c.—in 1826 and 1829 had each year a slight relapse, which each time yielded to a few fumigations—sends me many patients. |  |
| Eleven, with Cured. medicine.                             | Thirty, with medicine.  | Twenty-four<br>with medicine.                            |  | Forty baths.   |  |
| 18 months.<br>Five months.                                | ailments Some years. in the The latter not. nen, &c. of long stand. i, dys-ing.   | Two years.   | About 5 years.   |  |  |
| Skin complaint—dropsy, &c.                                | General ailments Some years. Thirty, wand dropsy in the The latter not medicine. legs, abdomen, &c. of long stand—faintings, dys-ing. | Dropsy of the abdo-Two years. men, and general ailments. | Sir H. Halford Skin complaints of About 5 years. Thirty baths, and Mr. Bro. the face and hands die.  —cracks—itching debility and de- ranged stomach.                      | Most annoying skin Upwards of 7 complaint of hands years.  and feet—unable to use the hands, which were hot, itching, and cracked-health tolerable.  |  |
|   | My own.   | Dr. D. Davis. Dropsymen, a men, a ailments               | Sir H. Halford<br>and Mr. Bro-<br>die.   | My own.  |  |
| 1829 69 Countess ***, Mr. Brodie. Oct. aged more than 70. | 1828 70 Mrs. C.<br>June   | 1826 71 Mrs. W.  | 1825 72 Lord L.<br>July<br>Aug.  | 1824 73 Miss S.<br>May   |  |
| 1829<br>Oct.  | 1828<br>June  | 1826   | 1825<br>July<br>Aug.   | 1824<br>May  |  |

| Result.                | Cured—in 1828 died of inflammation of the chest.  | Twelve baths Cured—1829 slight relapse, for which one daily, with he chose to take twelve more fumigalittle medicine, tions, and commonly walked from and to Chelsea. | Twenty-four Perfectly cured—has had no relapse—fumigations, no sometimes took the baths twice a-day medicine.  —sends me many patients. |
|------------------------|---|---|---|
| No. of Baths cured by. | Thirty.   | Twelve baths-one daily, with little medicine  | Twenty-four<br>fumigations, no<br>medicine.   |
| Standing.              | Eleven months.  | Some years.   | Some years.   |
| Complaint.             | Very annoying hot, Elevenmonths. Thirtysmarting, itching, disease of the hands, attended with cracks in the skin. | Dry, pustular, and Some years. itching complaint of the skin.   | Moist disease of the Some years. skin, sometimes scaly, itching, &c.—fair health.   |
| Patient of             | Mr. Davis.  | My own.   | Dr. Gordon &<br>Mr. Brodie.   |
| Name.                  | 1825 74 Lady C.   | 1826 75 Mr.E. aged 87. My own.  | 1826 76 Mrs. H. aged Dr. Gordon & Moist of May May Mr. Brodie. skin, scaly, i —fair   |
|                        | 1825 7.<br>June   | 1826 74<br>July   | 1826 7<br>May   |

### **OBSERVATIONS**

ON

### SKIN COMPLAINTS, &c.

The Fumigating Baths, as may have been perceived from the French Documents, were first thought of and particularized as applicable for the cure of diseases of the skin, and this association of ideas still prevails with the majority of persons. The circumstance is, however, to be regretted, as it was so soon ascertained that numerous other obstinate maladies, with which the patients were at the same time afflicted, yielded even before the complaints of the skin, for which the patients resorted to the remedy. It was this latter fact that so promptly gave extension to the remedy throughout Germany and the continent.

The fumigations are invaluable in the treatment of skin diseases; for previous to this discovery, we had no remedy for them that deserved the name, except indeed in the itch, and that was so objectionable as to be thought by many persons little better than the disease itself. My experience with these baths has taught me that all

the impetigonous skin diseases, which are known by the oozing, moisture, or running that attends them, are soonest remedied by the fumigations; they are very capricious and changeable when treated by the ordinary modes of cure. Those which are dry, scaly, or itching in their nature, require frequently longer perseverance. There are different degrees of virulence of each of these varieties, and that, together with the peculiarities of different constitutions, renders it impossible to determine the number of fumigations necessary for each case.

In the prurigonous diseases, which are characterized by intolerable itching, and frequently without any appearance of disease on the skin, except that which is produced by scratching, the fumigations require to be given in a peculiar way, and which is only to be learnt by practice.—These latter diseases are much influenced by anything that disagrees with the stomach, or by the seasons, and if not remedied, will, with various degrees of intermission and exascerbation, continue for years.

I believe, generally speaking, that most of the skin diseases depend on a checked perspiration followed by obstruction more or less extended and permanent, occasioned by the partial or continued effects of cold interfering with the regular healthy condition of the perspiring vessels of the skin. I consider most of them as local; and in

some of them, either medicine internally or applications externally seem to be almost useless.

From the fumigations occasioning a peeling of the diseased skin, as previously stated, and consequently a renewal of the healthy skin, I judge, and have hitherto found, that they are more to be depended on than anything else; and if the fumigations are persevered with, I am led to conclude that there are very few affections of the skin but what must yield to this remedy.

In erysipelas, which is ushered in with more or less fever, consequently is more a constitutional complaint than a local one, these baths are admirable in their effects, by giving free passage to the acrimonious humour confined under the skin, which may be considered the principal cause of the fever, and of the little or even large blisters that supervene on the parts attacked, and which are commonly followed by a peeling of the skin, similar to what takes place from the fumigations, but which, in this instance, is effected by the efforts of nature to relieve itself. In the acute stages of erysipelas these baths may not only be taken with impunity, but with much advantage; and I believe even small pox, under proper medicinal treatment, if submitted to this remedy, would not leave pittings on the skin; but as I have had no cases of this disease, this must be received only as a conjecture, arising from a knowledge of the effects of fumigations.

I have had very many leprous diseases, which had existed for years, that have been rapidly cured by the fumigations; others have been more refractory under the same treatment, with but little difference either as to constitutional power or the appearance of the disease. I am not able to account for this circumstance; it may be owing to constitutional peculiarity. Two cases of leprosy I have not been able to cure, although in one of them (the son of one of our first medical characters) the fumigations were persevered with for a considerable time; the disease, (contracted nine years previously in India,) extended all over the body, and, what is not usual, was in patches on the forehead and face; the gentleman is nearly well, the face and forehead is perfectly clear of the disease, but there are still some marks on the body, and he writes me word that his health is now perfectly good, and he intends coming to town to resume the baths, in confident hopes of its entire removal. The other was a case in which the baths were not sufficiently tried before the patient was called abroad on public service; he, however, was greatly benefited.

In those very annoying affections of the skin, which are sometimes moist, at others dry and scabby, or attended with cracks, or in the dryness of skin of elderly persons, or others who are younger, and in discolorations of the skin, the good effects of the fumigating baths may be fully calculated on.

Sea bathing, I believe, is most commonly mischievous in these diseases; this may be contrary to the received opinion, and it is true that sometimes they will disappear after sea bathing, but only for a time, and during that period the patient's health is generally suffering from internal congestions, in consequence of the disease being repelled, and on its reappearance, they are in general removed of these internal affections. The fumigating baths cannot repel any disease. Several persons have even attributed the origin of skin complaints to sea bathing.

In scrofulous and glandular complaints, when it is considered that the effects of this mode of bathing are not only those of producing an increasing circulation of the blood, but of propelling all the different secretions and fluids of the body, the good to be derived from the remedy will be obvious. The patient being submitted to an increased temperature, in a rarified medium, this occasions all the small vessels of the skin to act with greater energy; and the pores being at the same time open, nature is thus assisted in throwing off whatever is the cause of the diseased condition of the system. It will readily appear how such a process must assist, and, if persevered in for a short time, overcome glandular obstructions, the effect and distinguishing characteristic of scrofula, such as are commonly seen in the form of small or large tumours in various parts of the body in persons afflicted with that disease. Nature in attempting to relieve herself, frequently occasions these tumours to burst, but the cause not being removed, they become troublesome ulcers, emitting a thin glairy curdled discharge, and continuing to resist the healing process; indeed, everybody must be aware with what difficulty that process is effected in this complaint.

Sea bathing has likewise been too generally advocated and resorted to for scrofulous complaints. Such patients are commonly weak, and unless it is followed by a glow or increased action on the skin, I am at a loss to conceive how it can be beneficial. All scrofulous and other obstinate swellings commonly depend on obstruction in the neighbouring parts, and are greatly relieved by the fumigating method of treatment, which, by giving activity to the absorbent and excreting vessels, must contribute to remove obstructions and depositions of every kind. In depositions of fluid constituting the various kinds of dropsy, these baths do good on the same principle. asthma I believe they are beneficial by relieving the lungs of the circulating fluids, which are brought into increased action on the skin. sympathy of the internal parts with the surface of the body is too obvious to be disputed-witness the shortness of breathing that immediately occurs on going into cold water, or even on its partial application externally. Strength is the

criterion which should direct persons in using the cold bath, though the reverse of this is what is commonly observed. It may be remarked amongst the last series of patients, that some were of advanced age; in truth, if these baths were of no curative value whatever, they would be inestimable for the comfort they impart to aged persons, whose skin is generally shrivelled, cold, and unperspirable; and all authors, who have written on the subject of vapour baths, agree that they retard the evils consequent to the approach of age and that they may be taken at all seasons of the year without risk, and with equal advantage.

## Liver Complaints, and those consequent on Derangement of the Stomach and Digestive Organs.

| Result.                   | This gentleman, when in his first bath, said "he was convinced the bath would cure him;" he had been unable to lie down from the first attack of inflammation, and with only five baths became convalescent. | Whilst under the excitement of the second bath, he suffered from acute pain in the liver or biliary ducts, from which time his amendment was rapid—probably some obstruction cause was then overcome | Twelve, with This gentleman, for two years, continued to take six baths about every three months. Medicine previously had given little satisfaction; after the use of the first few baths it answered all expectations—he became fresh-coloured, and his health was restored. |
|---------------------------|--|--|---|
| No. of Baths<br>cured by. | Five.  | Six.   | Twelve, with medicine.  |
| Standing.                 | Seven months.  | liver — bad Two years.  — head-  | Many years.   |
| Complaint.                | Dr. Ridgway. Invalidedlivertor- Seven months. Five. pid and enlarged—debility — skin alwaysunnaturallydry since the attack of inflammation of the  | liver.<br>Torpid liver — bad<br>digestion — head-<br>aches, &c.  | Torpid liver and de-Many years. ranged internal functions.  |
| Patient of                | Dr. Ridgway.   | Dr. Parke.   | Dr. Darling.  |
| Name.                     | 1822 77 Capt. T. Sept.   | 1824 78 Mr. W.   | 1824 79 Mr. W.<br>July  |
| •oN                       | 1822 77<br>Sept.   | 1824 78<br>May   | 1824 79<br>July   |

### OBSERVATIONS.

VERY numerous instances as above could be adduced; it is needless, as it would be merely repetition, for most of the cases mach, and other digestive functions. Purely liver complaints are best treated by the chlorine fumigation, which is very superior of long standing, and the patient should not consider that he had done justice to the remedy without taking a dozen baths, for as brought forward amongst those of the skin, dropsy, &c. have been attended, more or less, with deranged action of the liver, stoto the nitrid muriatic acid bath (see Wallace on Chlorine, 1822. Longman); but I believe that organ is not so often in fault as e other parts of the digestive apparatus, the stomach and bowels producing the long continuous train of morbid symptoms called 28 dyspeptic. These symptoms are generally removed by this method, assisted with gentle medicine. Such complaints are often such maladies are judged to be consequent on deficient or depraved secretions, a little perseverance is advisable. It will not be amiss here to state again, that as all the secretions are drawn from the blood, by increasing its circulation, as is done by the heat of the baths, we at the same time must increase the secretions.

### Female Complaints.

| Result.                | The lady was weak, and, as usual, of confined habit, with all the symptoms of indigestion, &c. for two years she occasionally took a few baths, more from choice than necessity. | Took the baths principally for rheumatism, as I was led to understand: during the second * * * * a source of great comfort. Suffice it to say, that by a few timely repetitions her health became regularly good. | This was a very interesting case; she only survived out of four daughters; her case was likewise considered to be, as theirs, consumption and forlorn. As such she had been treated by numerous physicians, when Dr. D. D. was called in, and advised the baths with the happiest result. The lady got perfectly well, yet for some time occasionally chose to take the baths for their tonic effects. |
|------------------------|--|---|--|
| No. of Baths cured by. | Seven.   | Two.  | One.   |
| Standing.              | Two years.   | Some years.   | Nine months.   |
| Complaint.             | Painful and irregu-Two years. lar periods—shortness of breathing—pale, languid, &c.—suppression.   | Distressing head-some years. aches and distension—painful and irregular periods—latterly suppression.   | Feb. 22.  Feb. 22.  Feb. 22.  Of breath—pain in side, &c. —distension and great debility, with total suppression.  |
| Patient of             | My own.  | My own.   | Dr. D. Davis.  |
| Name.                  | 1823 80 Miss H.  | 1824 81 Miss W.<br>May  | Miss D.aged  |
| =ON                    | 1823 80<br>Sept.   | 182481<br>May   | Feb.   |

### OBSERVATIONS.

To show effects, these three cases are as good as a hundred, particularly as the concurring testimony, almost weekly, of numerous invalids, would confirm the statements. Many, as in the second case of the three, when taking the baths for various complaints, accidentally find out a remedy, which, to say the least of it, will assist medical treatment in such cases. If ladies were aware how much their ailments are under the influence of a vapour bath, it would be more generally used by them; and as there can be no objection to the sulphur fumigation, for the reasons previously given, the latter I advise particularly, monly occasioning the production of a new one, clearing the complexion, and usually removing complaints as it is almost impossible to take cold after it, and it does so much more good to the skin, by comon its surface, from discolourations, freckles, pimples, &c. to leprosy.

Complaints arising from the too free use of Mercury, and those which require that remedy.

| Result.                | Cured—died in 1829 of apoplexy.                        | This patient had for more than 18 months been confined to his bed and room. He was too weak to walk, and was carried every other day down two pair of stairs wrapped in a blanket, and placed in the bath, being as light as a boy of twelve years old. His progress was rapid, and he has since, (early in 1824,) served with his regiment in India. | Fifteen, with This—whether mercurial of syphilitic tonics. —was cured mainly by the baths. |
|------------------------|--|---|--|
| No. of Baths cured by. | Seven.   | Sixteen, with tonics.   | teen, with   |
| N.                     | Sev  | Six   | Fifteer<br>tonics.   |
| Standing.              | Four years.  | ulcerations, Nearly three septing the years. ebility.   | Two years,   |
| Complaint.             | Ulcerations on the Four years. scalp and elbow joints. | General ulcerations, Nearly not excepting the years. face—debility.   | General ulcerations, Two years. blotches, swellings, pains, &c.                            |
| Patient of             | Surgeon.   | Mr. Wardrop, General not exceded  | Mr. Earle.   |
| Name.                  | 1823 83 Mr. S.<br>Feb.                                 | 1823 84 Major A.<br>Aug.  | 1823 85 Mr. W.<br>Sept.  |
|                        | 1823 Feb.  | 1823<br>Aug.  | 1823 8<br>Sept.  |

|  | MERCURI  | AL OR SY  |
|--|--|---|
| His case was considered forlorn; he had for years left off medicines as unavailing, except opium, which he was obliged to take in large doses— | suffice it to say he got convalescent. Two years afterwards I heard he was in France, and again taking the baths, but without serious occasion for them. | Cured.  |
| Eleven.  |  | Six.  |
| Nodes— debility— Twelve years.  Eleven.  |  | wo years.   |
| iebility — T   |  | four pre-Two years.   |
| Nodes— pains.  |  | As the y ceding c not so ba   |
| Mr. Earle.   |  | Surgeon, re- As the four pre- Commended by ceding cases, but Mr. Earle. |
| Mr. R.   |  | Mr. M.  |
| 1823 87 Mr. R. Nov.  |  | $1825   87   \mathrm{Mr. \ M.}$   |

### OBSERVATIONS.

stitution making its ravages, and for which mercury seems only to add to the evil. The practitioner is often in doubt whether the THESE five cases were of that description which unfortunately too often occur where the disease goes on with a broken down condisease is from syphilitic or mercurial poison in the system. In each of these cases the sulphur fumigations were taken.

### Syphilitic Complaints.

| 00                     | W 1 1 11 11 11 11 11 11 11 11 11 11 11 1  |  |  |   |
|------------------------|---|--|--|---|
| Result.                | Cured—no relapse. This ulceration came on two years after the primary symptoms, would always get better from the use of mercury, which could not be given to needful extent, in consequence of peculiarities of constitution. | This patient could not take mercury in any form or way. Ulcers healed, became convalescent shortly, and subsequently quite well. | This patient could not be affected with mercury, either used externally or internally, and the malady spreading—the fumigations cured him. | Twenty-three. Uncertain whether present symptoms were consequent on the former indisposition or the result of a later cause. Is well. |
| No. of Baths cured by. | Nine.   | Twelve, with other means.  | Eleven.  | Twenty-three.   |
| Standing.              | 18 months,<br>sometimes<br>healing for a<br>short time after<br>taking mercury.   | Two years.   | Six months.  | Six months. Three years from first at-  |
| Complaint.             | Ulcerated throat.   | Ulcerated throat and Two years. palate, with nodes—pain and debility.  | Mr. Chevalier. Primary ulcerations Six months.  *** occasioning destruction of parts.  | Ulceration in throat, Six months. palate and nose *** Three years from first attack.  |
| Patient of             | Mr. Bacot.  | Dr. D. Davis.  | Mr. Chevalier.   | Mr. Eccles.   |
| Name.                  | 1826 88 Mr. M. N.   | 1828 89 Mr. J.<br>Feb.   | 1828 90 Mr. B.<br>June   | 1828 91 Mr. B.  |
| .oN                    | 8   | <u> </u>   | 1828 90<br>June  | 1828 91<br>June   |

|                             | SYPHILITIC CO  |
|-----------------------------|--|
|                             | had ever been well from the period of his first attack. Cured. The leaden hue of his complexion is gone, has had no more ulcerations, and, to my surprise, the nose has resumed nearly its former shape. |
| Thirteen, with other means. |  |
| Two months.                 |  |
| ry ulceration               |  |
| Primal                      |  |
| My own.                     |  |
| 1829 92 Mr. M.<br>Feb.      |  |

### OBSERVATIONS.

For reasons before given, I have in these last series quoted but one case of my own, and these last five cases were treated by the to in secresy, whilst, according to routine treatment, numerous persons must be admitted into confidence. It is not necessary to salivate by these means, and it can do no harm to the constitution. All persons so circumstanced as to require the use of mer-1829. pp. 259-261, and others. In further corroboration, he quotes here the opinion of Abernethy, and now leaves it to the Mercurial Fumigations. In my humble opinion it is incomparably superior to any other mode of treatment, and more particularly where the ravages committed are situated in the nasal bones, or palate, as the patient previous to coming out of the bath, for a under the treatment, which is perfectly clean, requires no confinement, may be used at any season, and admits of being resorted short time, breathes the mercurial gas. There is nothing unpleasant in the process, and it is surprising how soon ulcerations heal cury, the writer urges to read the observations contained in Mr. Bacot's late very valuable work on Syphilis. -- Longman:

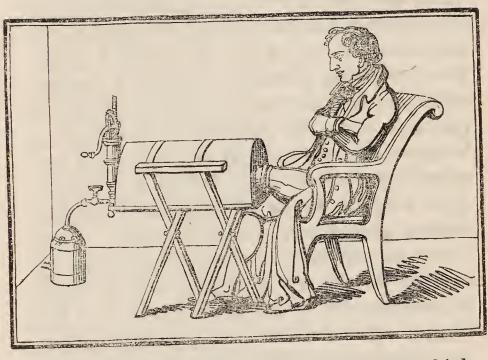
reader to decide what are the causes that such valuable means should be so neglected—the writer knows of none save the time and the exclusive attention that these remedies require from the superintendence of a medical man-

pleasant, provided the heat is properly regulated; that there is nothing uncleanly or disagreeable in it; and that all who have had an opportunity of comparing it with the usual method of employing that medicine, have been highly pleased with the superior advantages attending it. I have heard it objected, that fumigation cannot be depended upon, but I never knew it fail; and, apt to excite wrong ideas of this method in the minds of surgeons. The effects are produced in a much shorter time than by giving tioners, they would be much more frequently employed. I beg leave, however, to observe, that the term mercurial fumigation is medicine internally or otherwise, and will affect the constitution when other means have failed." With regard to the process, he further observes, "that the feelings of the patient during its administration are not at all unpleasant; on the contrary, they are under proper management, I have no doubt but mercury employed in this manner, will be found adequate to the cure of every tholomew's Hospital, almost after the same method that had been before practised by the Chevalier Lalonette, says, "I have witnessed so much comfort, as well as benefit arise from it, that I think, if the peculiar advantages were generally known to practi-Mr. Abernethy, in his Surgical Works, vol. i. pp. 15, 16, speaking of the mercurial fumigations introduced by him at St. Barvariety of the disease."

To further prove the assistance these baths give to the operations of medicine, a patient was sent to me in 1825 by Mr. Brodie He took but one sulphur fumigating bath, and during the night became so severely salivated, that he was unable to resume his and Mr. Gray, in consequence of a severe long-standing syphilitic disease in the elbow-joint, for which he had been rubbing in largely and taking mercurials for the five months previous, without these medicines having the usual effect on the constitution. baths for nearly a month.

Sulphur lessens the effect of mercury—it is therefore to be concluded that the medicine was called into action by the HEAT of the fumigating bath, which in this instance produced more effect than was desired. This gentleman has the perfect use of his arm, and is otherwise quite well; when he came to me he said, that for some time previous it was judged needful to amputate the arm.

### AIR PUMP VAPOUR BATH.



The apparatus represented above is of very high utility, and has often great influence over gout. As I have but recently become acquainted with and adopted it, I shall consequently be excused the deferring statements of cases illustrative of its effects, as a remedial agent, till warranted by personal experience. The invention is not new; but, like my own baths, will require more time in the proper management than medical men can

generally spare, and neither of these baths ought to be administered but under their direction; and by such only as can devote their whole time to the practice. This is undoubtedly the reason why such remedies have not reached their proper standard of value.

The instrument acts upon philosophical principles, and in some forms of disease, exceeds the effects of my fumigating baths, arising from the exhaustion of the air by the attached pump. The limb being previously exposed a considerable time 'to a softening vapour, there can no pain arise under the judicious application of it. It operates in the removal of contractions and enlargements of the joint, inasmuch as it combines both the effects of fomentation and the cupping glass in a very superior degree. I beg further to refer to "Facts and Observations respecting the Air Pump Vapour Bath, in Gout, Rheumatism, Palsy, and other Diseases, by Dr. Blegborough," published by Lackington, Finsbury Square, from which valuable work I make the following quotations.

### " DEAR SIR,

"I have often, since the time I examined your machine for conveying a vapour bath to diseased limbs, and for taking off the pressure of the atmosphere, considered its probable effects

with much attention; and my opinion is, that it is likely to be of the greatest use to mankind, in helping obstructed vessels to unload themselves. The mode in which it must act, is certainly agreeable to sound theory, and the more it is put in practice; the oftener will facts occur to confirm what I now say. I not only deem it valuable to remove local affections of the extremities, but also to afford relief to other parts of the body, where obstructions may have taken place. There are some complaints, which would often be greatly mitigated, if not always removed, by its power in producing a general and copious sweat over the whole frame, such as in diabetes. dropsy, and other maladies where the skin is parched, dry, and hard. In general, it will be well to pump out the air gradually, and to see the effects of a partial exhaustion of the machine; for its being done too suddenly, would allow the air in the circulating fluids to exert its spring with too great force, producing acute pain, &c. The machine, by having a condensing pump fixed to it, might be used as a bracer, and that with beneficial and powerful effects. Was I not so far advanced in life, and so much engaged in other avocations, I would with gladness have devoted my time to the use of it; thoroughly convinced that it would prove useful to the distressed and honourable to myself.

Wishing you, Dear Sir, the favour of God, which is better than life, and all that life contains,

I am, &c. &c. &c.

(Signed) JAMES HAMILTON."
"No.7, Artillery Place, April 8, 1801.

"DR. BLEGBOROUGH."

Letter from Mr. Seares, Surgeon, to Dr. Blegborough.

"Half-Moon Street, May 31, 1802.
"Dear Sir.

"Seeing in the Medical and Physical Journal a letter of yours, representing a machine for conveying a vapour bath to diseased limbs, I could not possibly think of withholding my testimony of its beneficial effects in gout. I can speak of it feelingly and with gratitude, having experienced such relief from it myself, in a most violent attack of gout in the extremities. In the winter of 1799, by being thrown out of my chaise, I received a violent contusion on the left foot, which terminated in a most severe paroxysm of gout; it confined me a considerable time, and rendered me unable to pursue my professional avocations: the dread of a future attack may be

readily conceived. The following winter confirmed my fears, and I was visited by another paroxysm, with increased violence; for, great as my sufferings were before, they were trifling indeed compared with what I suffered then. tunately, by mere chance, I heard that a gentleman at Pimlico, whom I knew, had received the greatest benefit from the application of the machine. I sent, therefore, to Mr. James, the proprietor of it, to hear from him the principles of its operation; and as it appeared to me to be perfectly innocent, I was willing to embrace such a mode as was likely to relieve my pain, and enable me more speedily to prosecute my professional duties. It succeeded beyond my most sanguine expectations, as, on the evening previous to its application, I could not bear my feet to touch the ground: after the instrument had been applied, I could press on them without pain. The succeeding application was still more gratifying, as I could shortly afterwards walk with very little assistance about the room; and the next day I suffered only from stiffness, and the fear of reproducing an attack by any blow I might receive on the part. This, however, subsided, and I was enabled in a day or two to attend to business. Grateful for the benefit I have received, I could not withhold giving you this hasty sketch. Without apologizing for its imperfections, I hope this, with other documents, will tend to make the machine more generally known, and I trust approved.

"I am, dear Sir, &c. &c. &c. "G. M. SEARES."

" Dr. Blegborough."

"Thomas Pearce, a poor bricklayer's boy, on the 13th of May last, had been confined to bed for eight weeks with acute rheumatism. I saw him at the request of a medical gentleman. was unable to straighten his knees, which were much contracted and enlarged. His legs and thighs were literally worn to the bone; and such was the general debility, that little hope was left of its being possible that he should spring from the disease by any ordinary means, all of which had been duly administered. His left hand and arm had much of the appearance and all the inutility of a paralytic limb, except round the joints, which were greatly enlarged. The application was first made to the left leg twice, with considerable relief: then to the left arm twice, and afterwards to the right leg and arm, each once. His lost appetite began to return, in proportion as the pain, &c. subsided. I found it necessary

to regulate the porter he drank, but left him at liberty to eat any animal food they could procure for him. He gradually recovered, and called on the 28th at the houses of two medical gentlemen, to return them thanks; the one for recommending the machine to him, the other for his care and humanity towards him prior to the use of it. I have seldom met in practice with a circumstance more pleasant to my feelings than the last case. That I was instrumental in restoring to this poor boy the use of his limbs, and to society an useful member, otherwise lost for ever, I firmly believe; nor shall the united scepticism of the world persuade me to the contrary.

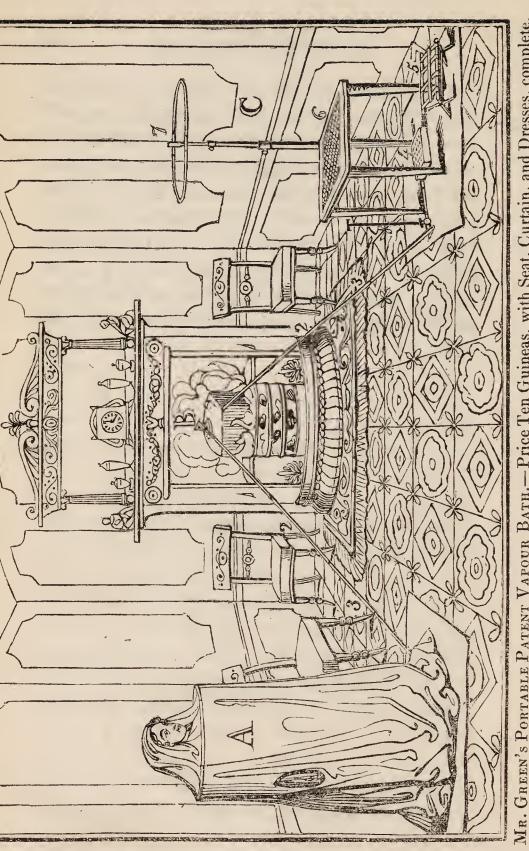
(Signed) "R. Blegborough."

These last quotations are thirty years old, but no matter; diseases are still the same, and our remedies not over-efficient even for their amelioration. A great authority has said, "as much knowledge goes out of the world daily as comes into it:" I therefore, in obedience to so true a remark, hope to restore some sterling remedies, undeservedly forgotten or neglected. The medical efficacy of galvanism and electricity is so

generally acknowledged, that I consider it needless to swell these pages by a detail of cases wherein these means were employed. My desire has been principally to bring under consideration remedies, that are yet but little known in this country, and it is consoling to reflect that, contrary to the usual routine of medical practice, the means here advocated are as agreeable as they are efficacious; and when they fail in curing, they unite powerfully in easing pain and soothing the sufferings of the patient, and on no occasion do they prevent the use of the customary modes of giving relief. The most valuable inventions, however, must wait their time of coming into general use; and although this is commonly to be regretted, yet the daily accumulating list of cures relieves me from every fear; but that in process of time the means here brought forward will be infallibly proved to be restorative agents of the first-rate importance.

On reading the preceding pages, quackery, it must be evident to every one, is firmly shut out, and legitimate curative measures kept in full day-light; and if the matters spoken of be not absolutely new, I hope the soundness of the theory justifies their re-exhibition before the world.

It only remains to be said, that, from the documents at the beginning and those referred to, it will be seen that I have rather understated facts—that in the list of briefly shown cases I have selected those that are substantiated by other professional men, in preference to my own, and I regret that until these remedies are more known and advocated, that I dare not speak of them as I believe they deserve, lest, by so doing, I may be charged, by the *unwise*, of being actuated by enthusiasm or exaggeration; a simple statement of facts, not words, has been my object.



MR. Green's Portable Patent Vapour Bath.—Price Ten Guineas, with Seat, Curtain, and Dresses, complete.

## EXPLANATION OF THE PLATE.

1. The Bath, as being taken.

The Boiler, with the Safety-Valve and connecting Tubes.

C. The Apparatus shown in perspective.

1. The Elbow-Joint, which attaches to the Boiler.

Connecting Tubes.

Folding Tube with Key, to controul the Vapour.

The Disperser, into which perfumes may be put.

The Foot-stool.

. Caned Seat.

Telescope upright, with jointed Hoop, to suspend the Curtain.

### MR. GREEN'S

### PORTABLE PATENT VAPOUR BATH.

THE whole of this apparatus, including the seat, does not occupy more than one foot and a half square, it is therefore convenient to travellers, as a bath can always be got ready in a few minutes. I was led to its construction, not alone on account of its utility, but from seeing so many advertisements of portable vapour baths, most of which I have examined, and found undeserving the name, as they are cumbrous, ill manufactured, and soon out of repair, except the one invented by Captain Jekyll, to which the only objection is, the expense of twelve, or for the best fourteen guineas, independent of the uncertainty of getting it. The bath here represented is equally well made, more simple and more portable; it embraces every thing that is necessary for vapour bathing, and cannot be put out of order, unless a careless servant does it on purpose. Any odoriferous substance, as a bit of shaving of black lead pencil, lemonpeel, lavender, &c. &c. by being placed in the disperser, will give to the bath a pleasant smell,

and constitutes what is advertised as a "Medicated Vapour Bath." But the patient is advised not to consider these substances as giving much, if any, additional efficacy to the bath; for this depends principally on the heat arising from the vapour of boiling water, which is of course moderated before it reaches the patient. Shampooing or rubbing is usefully applied, when the patient is fully under the influence of the heat of the vapour, for stiff, painful, or swelled joints; if used too early, the rubbing or shampooing cannot be easily borne, yet the pain frequently goes off as the perspiration comes on: it is then advisable to proceed. with it, and repeat the bath; the time of staying in is about twenty minutes, or according to the effects, or feelings of the patient. A vapour bath may be taken at any time the most convenient; it should not be taken in a recumbent posture, nor should patients lie down immediately after its It is at all times preferable to a water bath, and there are very few diseases for which it may not be used with advantage; and even in certain stages of those diseases it is frequently of much service; but under such circumstances should only be resorted to subject to the direction of medical gentlemen practically familiar with the effects of vapour bathing.

The complaints for which vapour baths are most commonly used, are rheumatism, sciatica, lumbago, scrofula, stiff and swelled joints, gout,

obstructions, and for those complaints consequent on chills and colds, &c. Generally speaking, increased hilarity and cheerfulness should be experienced after taking the bath; but if, on the contrary, the patient feels languid after its use, he has staid in too long, yet this need not be regarded, for it will go off on going into the air, which is always safe as long as the patient is not exposed too long to a current of cold air or wet. The temperature of the vapour bath should be regulated agreeably with the feelings, course varying with each patient. In cases of pulmonary affection, or when the nostrils, throat, or chest are affected, it may be well to raise the curtain higher, and include the head in the bath, except acute pain be present, and if so medical advice should be first sought; but, unless as above stated, there is no advantage in having the head in, and it is pleasanter to have the face out of the bath. What is advertised as a "Sulphur Vapour Bath," is wrong in principle; as sulphur and other minerals cannot be scientifically raised with vapour, but are used in what are called fumigating or dry baths, and are calculated for the severer forms of disease, they should only be administered under medical guidance, and may be resorted to at my house, No. 40, Great Marlborough-street; where may be had the Portable Patent Vapour Baths, recommended as a happy substitute to those persons who cannot conveniently resort to my establishment.

Method of using the Portable Patent Vapour Bath.—Unscrew the lid by turning to the left, and put into the boiler about three quarts of water, screw it on again tight, affix to it the elbow joint, and place it on the fire, with the opening at the back next the chimney. Place a table-cloth or sheet, folded square, on the floor immediately under where the bath is to be taken. Add the conducting tubes to the elbow joint, by fixing them close on each other; to the last of which must be added the folding-tube, into the stopcock of which must be placed the key that enables the patient to controul the vapour as he pleases; this should be left across. To the other end of the folding-tube must be added the disperser, to be placed on the middle of the cloth, over which place the caned seat, and the foot-stool in front, with the upright adjusted to the required height. The curtain being previously put on the jointed hoop, it must be fixed to the appendage on the top of the upright, and then suffered to fall round the seat enclosing the key. By this time the vapour from the boiler is escaping through the safety valve, and by turning the key straight it will gradually go down the tubes into the disperser, and the bath is ready for use. The patient must be seated on the caned seat, with the feet on the foot-stool, and the key controuling the vapour will be under the hand, and he should remain in the bath about twenty minutes. On

coming out of the bath he should hold a warm towel to the chest whilst the cloak is put over and he is being wiped dry. To take the bath to pieces, it is best to remove the tube joining the boiler first. The boiler should be taken off the fire, and by this time the tubes are cool, and may be easily separated and returned to the box, together with boiler, being previously emptied of its remaining water. The cloak may remain to dry before repacked.

By the same Author, Fourth Edit.

(Dedicated to Sir Henry Halford, Bart. &c. &c.)

An Improved Mode of treating more successfully various obstinate Diseases through the medium of Fumigating and Warm Air Baths.

By JONATHAN GREEN,
Member of the Royal College of Surgeons, and late Surgeon
in his Majesty's Navy.

ALSO,

A Chart of the Diseases of the Skin, wherein is defined the distinguishing characteristics by which these diseases may always be known, and the effects of the Fumigations in the treatment of them is shown in the last column.

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